

News about the coronavirus and what is rationally to be considered According to the information and recommendations of the Plejare Ptaah

For your information

Ptaah In September 2002, in the south Chinese province of Guangdong, the rampantly spreading disease/epidemic SARS, which was not known until then, appeared for the first time. The pathogen of this rampantly spreading disease/epidemic, however, did not exhibit any parasites that can multiply in host cells, such as mycoplasma, that is to say, the tiniest bacteria of the class of mollicutes, which live aerobically, right up to facultative anaerobically, neither did it exhibit any tiny chlamydiaceae, that is to say gram-negative bacteria, where through no bacterial infection arose, but a virus infection. Therefore, those were not pathogens that cause an atypical lung infection or pneumonia, but a virus. Consequently, antibiotics were not effective for those who were sick with it, which led to many deaths within two years, which officially was declared as being a little over 1000, which in reality however were many more. The unknown virus was then defined as coronavirus of the genus of coronaviridae, which – in a secret laboratory – mutated from a pathogen of an avian mammal, that is to say horse-shoe-nose bat (rhinolophidae), even though it is claimed that the origin of the pathogen is unknown and perhaps could have been transmitted by bats. This virus then was described as the SARS associated coronavirus, SARS-CoV, but abbreviated as SARS or Severe Acute Respiratory Syndrome. Effectively it was not a simple disease, but a rampantly spreading disease/epidemic, which was then also called SARS pandemic.

The transmission of the pathogens happened mainly through direct or indirect droplet infection, namely through breath-droplets/air borne droplets.

- Firstly:** While speaking, the breath is exhaled as a very fine waft of droplets. However, during this process the breath becomes visible only on cold days and not on warm days. However, this waft of breath-droplets, as a rule, has the characteristic that it spreads by about half a metre when it is cold and therefore is inhaled by conversation partners that are close to the person speaking, which in this form leads to an air-borne droplet infection.
- Secondly:** On cold days the breath condenses out of the mouth and thus the waft of breath-droplets becomes visible and appears as small wafts of mist from the mouth.
- Thirdly:** Condensing breath-droplets do not only arise from human beings but also from animals and certain creatures.
- Fourthly:** However, with the process of the breath-droplets, which, as explained, is only visible on cold days but not on warm days, it is to be considered that it is also exhaled from the mouth while speaking when it is warm and consequently is inhaled by persons standing nearby.
- Fifthly:** The breath-droplets of the human being, which must be mentioned again, always become visible when the moist-warm exhalation from the mouth meets the cold and moist ambient air. The reason for this is based on the physical characteristic of air, because it can only absorb a certain amount of water vapour and allow it to become visible. Warm air also absorbs moisture, indeed more than cool air, in which case the warm air exhaled from the mouth during warmer temperatures, in contrast to when it is a colder temperature, spreads further and at the same time invisibly, namely up to about one (1) metre, which corresponds to about the outer limit of the exhalation.
- Sixthly:** The breath-droplets of the human being also have a weight, namely at zero degrees [Celsius] – depending on the person and the cubic metre – it is about 4.5 – 4.8 grams, which means about 30 grams at 30 degrees [Celsius]. The breath-droplets, however, also saturate the air, consequently it can in this regard also only absorb limited moisture.
- Seventhly:** When the breath-droplets cool down further, the breath-water-vapour changes such that tiny water droplets arise from the breath, which then float in the air and spread.
- Eighthly:** The breath becoming visible as breath-droplets during cool temperatures depends, on one hand, on the ambient temperature, but on the other hand, on the atmospheric humidity. Visible breath-droplets can thus only be produced and made visible at a lower temperature and this also only when the water vapour molecules contained in the exhaled breath condense so quickly that they immediately crystallise as tiny nebulas.
- Ninethly:** An infectious contact can also occur via infected persons that are coughing and sneezing, or by dogs and cats, because also pets can be carriers of the coronavirus. Also, the indirect way of contact infection or smear infection with the virus from items, body surfaces or food on which the infectious air borne droplets have settled, leads to contamination if they subsequently get into the body via the mucous membranes, for example, the mouth, nose or eyes. A transmission via the faecal-oral

way and other body excretions is also possible, as is a transmission via infected animals, creatures and house beetles, such as cockroaches and so forth.

All this is also the case with the new rampantly spreading disease/epidemic that corresponds to a further development and mutation of the SARS-epidemic and which is now, as a pandemic, quickly spreading across the globe. However, the fact was first trivialised by irresponsible ones, the ones from the health organisations that are incapable of their office, and governments of all states, consequently the tragedy will not be recognised until it will be too late and many deaths will have to be mourned.

Rules that must be observed

(FIGU in cooperation with Ptaah)

Every risk of infection must still be avoided consistently, which means that all the unnecessary travelling for the purpose of holidaying, enjoyment and so forth, must be refrained from and therefore airplanes, ships, means of mass transport and human gatherings of any kind must be avoided wherever possible. The motto for health and security is: it is better to stay home and avoid contacts to the outside world and not to conduct family gatherings, such as birthday parties and so forth, rather than risking infection, or in the case of already being infected, spreading it, that is to say the virus, all over the place and therewith infect other human beings indiscriminately.

How an infection with the coronavirus is expressed or which symptoms, for example, appear when Covid-19 has become acute

An infection with the coronavirus cannot immediately be ascertained for the infected ones since the incubation period until the outbreak of the disease – in contrast to the wrong explanations by terrestrial medical officers – is not 2 weeks, but is between 2 and 4 weeks and can take up to 3 months according to the Plejaren, depending on the strength of the immune system and other factors of the infected person. Once the disease Covid-19 breaks out, the first symptoms are usually a mild scratchiness in the throat, which initially causes a mild irritation of the throat, which leads to a slight cough and then later to a cough. Then also a fluctuating fever occurs – which means that the fever is sometimes higher and at other times lower – as well as a general malaise, and as soon as the symptoms become stronger also a shortness of breath and other symptoms can appear that are similar to influenza for example. However, Covid-19 is not equal to influenza and does not cause influenza symptoms such as aching limbs, etc., and also has nothing to do with a common cold with a runny or blocked nose or head cold.

Why also Europeans and members of the white races increasingly fall ill with Covid-19, and not only the Asians

Since the coronavirus's emergence in the city of Wuhan/China – as a continuation of the SARS-epidemic, so to speak – it has changed very much in its mode of behaviour and effect. It has become significantly more aggressive and therefore is also spreading much more quickly and more severely in Europe among human beings with a stronger immune system. Obviously at least the immune system of the North Italians or Italians in general is such that it is more susceptible to the virus and therefore can more easily be attacked by the acutely mutating coronavirus than the immune systems of other peoples in Europe.

How much longer will the coronavirus continue to rage and can one hope that it retreats as soon as the temperatures rise?

How long the coronavirus will remain active is not foreseeable at the present time. However, it can already be established that it will probably not diminish with the rising temperatures. Influenza and some other viruses react sensitively to warmer external temperatures and therefore usually diminish in spring and during the summer months, which means they become inactive. Observations in regard to the coronavirus speak against this dependence on the ambient temperature, because it does not only appear aggressively in the colder regions of our planet, but also in Southeast Asia and, for example, in Australia and other warmer countries, where it is spreading just as quickly as here. Therefore, it is to be noticed that this virus is not subject to any climate dependence and that the risk of infection is also independent of the climate.

How is the virus transmitted and how high is its survival time outside of the human body?

In contrast to other viruses, the survival time of the corona virus is very, very, very high! Outside of the human body it can remain active not only for a few hours, as is the case with other viruses, but simply for very, very many hours and at least up to 24 hours or more, if not even – with favourable conditions – up to days.

Infected persons transmit it via droplets when they are expelled from persons' mouths as breath-droplets by means of coughing, exhalation and speaking. Via the air they then settle on the clothing of the infected ones, as well as on food and any random surface, where it remains active for a very, very long time as mentioned earlier, before it finally dies. Therefore it is quite possible that one can become infected by brushing past the clothing or body of an infected person and thus the virus is transmitted to one's own clothing, or, for example, by eating a piece of fruit or something else which has been contaminated through droplet exhalation of an infected person. If clothes are contaminated it is not enough to hang them in the fresh air over night, because the virus remains active for a long time. Therefore the clothes must be washed at 60° Celsius so that the virus is killed safely. Therefore, one must pay attention to keeping a distance from other human beings of at least one metre. As already being publicised, it is also sensible not to shake hands with anyone and to disinfect one's hands regularly if touching another human being cannot be avoided, or if, for example, door knobs or hand holds, etc., in public places must be touched. Instead of using public transport it is advisable, wherever possible, to drive with one's own car and also regularly wipe its door handles and steering wheel for example.

How can one's own immune system best be supported?

The intake of vitamin C supplements alone is not enough to keep one's own immune system sufficiently active. To strengthen and support the immune system still further, other vitamins and trace elements as well as vital substances are indispensable, for example, zinc, vitamin B12, vitamin E, etc. Therefore, it is advisable – on top of a healthy and thoughtful diet – to take a good multivitamin preparation regularly; indeed in double the dosage than is recommended by the manufacturers. Unfortunately, all supplements available on the free market are badly underdosed, which is also known to many of our doctors, wherefore, as a rule, it is not only harmless, but recommended to double the dosage of a multivitamin preparation. However, it is not possible to prevent an infection from the virus by taking vitamin C and multivitamin preparations, even though through such preparations the immune system and various organs and physical functions can be strengthened.

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